

銘傳大學 101 學年度研究所碩士班招生考試

諮商與工商心理學系碩士班甲組（諮商組）

第三節

「諮商心理學」試題

（第 1 頁共 4 頁）（限用答案本作答）

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請於答案紙上作答，標明題號，寫上答案，一題兩分。

1. Counselor effectiveness is reduced when counselors are:
 - a. confrontive towards clients.
 - b. rigid in the pursuit of their personal agendas.
 - c. driven by selfish desires to meet one's own needs.
 - d. have cultural backgrounds similar to their clients.
2. Tests concerned with measuring learning, acquired capabilities, or developed skills are called:
 - a. tests of ability.
 - b. achievement tests.
 - c. aptitude tests.
 - d. test of typical performance.
3. In behavioral approaches to counseling, clients' problems are viewed as resulting from:
 - a. a lack of appropriate psychosexual development.
 - b. a disturbed parent/child relationship.
 - c. maladaptive learning patterns.
 - d. inheriting poor patterns of behavior.
4. All of the following guidelines for group leadership are likely to reduce the occurrence of negative effects for group membership **except**:
 - a. using a pre-group interview to assess expectations and evaluate the normative structure of the group.
 - b. monitor the ratio of confrontation to avoid over-stimulating members.
 - c. accept responsibility for the emotional climate of the group.
 - d. encourage members to stay with an experience even if it becomes uncomfortable.
5. The suggestion that the therapeutic relationship is one of the primary components of all effective counseling is known as the _____.
 - a. multiple modality hypothesis.
 - b. gentle Rogerian cure.
 - c. common factors approach.
 - d. accurate empathy pathway.
6. The confidential nature of the counselor-client relationship may ethically be breached when:
 - a. the client poses no danger to self or other.
 - b. inadvertent slips of information occur.
 - c. it is so ordered by the courts.
 - d. it is in the best interest of the counselor.
7. To learn to appropriately address religion and spirituality in counseling, Briggs and Rayle (2005) suggest that counselors ask themselves all of the following **except**:
 - a. what are my views about religion and spirituality?
 - b. how will my views affect my counseling role?
 - c. how can I empathize with clients whose spiritual values differ from my own?
 - d. how can I use my beliefs to influence the counseling relationship?
8. Which of the following is most true?
 - a. counselors learn not to have strong feelings towards clients and their decisions.
 - b. counselors tell their clients about best choices based on their own experiences.
 - c. counselors advise clients about what to do based on research studies.
 - d. counselors have strong opinions about client choices but try hard to keep them in check so that clients can come to their own decisions.
9. Theodore Caplow's theory emphasizes the fact that:
 - a. all persons have unconscious drives.
 - b. occupational choices are influenced by accidents or chance.
 - c. culture implicitly affects vocation.
 - d. parental and familial legacies are powerful career influences.
10. The biggest difficulty in learning to do effective sex counseling tends to be:
 - a. correctly interpreting the complex ethical concerns.
 - b. mastering the numerous specialized techniques.
 - c. confronting one's attitudes, values, and beliefs related to sex.
 - d. learning to use words like "penis" and "vagina" without blushing.

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11. Which of the following is **not** an irrational belief according to REBT?
 - a. "That was aggravating, but that's okay."
 - b. "My feelings are hurt - I can't stand it!"
 - c. "I lost my job again; Life just isn't fair."
 - d. "I lost my favorite pair of sunglasses; my whole life is ruined."
12. The role of the counselor is best characterized by their actions designed to:
 - a. provide psycho-educational instruction.
 - b. enhance the client's awareness of the human development processes.
 - c. provide clients with effective problem-solving strategies.
 - d. stimulate natural growth and the development of human potential.
13. In which of the following types of groups do members focus on personal concerns of daily living, and resolving their interpersonal conflicts?
 - a. the encounter group.
 - b. the counseling group.
 - c. the therapy group.
 - d. the psycho-educational group.
14. The interpretations of assessment data should:
 - a. be designed to help clients non-defensively accept revealed information.
 - b. involve clients in thinking about implications and results.
 - c. help clients to recognize the validity of test data.
 - d. be done in groups whenever possible.
15. The process of the seduction of a client by a counselor is:
 - a. part of the therapeutic process.
 - b. an exploitative breach of trust.
 - c. unlikely to occur.
 - d. a healthy expression of affection.
16. Frank Parsons' name is synonymous with:
 - a. the first experimental laboratory of the study of behavior.
 - b. philosophy of behaviors.
 - c. introducing behavioral laws to explain human behavior.
 - d. vocational guidance.
17. Communication in families occurs on which levels?
 - a. digital and stereo.
 - b. analogical and metaphorical.
 - c. digital and analogical.
 - d. literal and symbolic.
18. John Holland's theory of vocational development is divided into six categories and focuses on:
 - a. personality style and compatibility.
 - b. character traits and home environment.
 - c. developmental age.
 - d. career immaturity.
19. The term "externalizing" is another form of reframing which allows the family to:
 - a. view the problem from a different paradigm.
 - b. leave the house when angry.
 - c. view the symptoms as outside the family and prevent blame.
 - d. focus on appearances rather than essences.
20. Which of the following best describes the main goal of the existential approach?
 - a. focusing on the problem behavior and finding a solution.
 - b. finding personal meaning in people's lives, actions, and suffering.
 - c. exploring unconscious dreams, thoughts, and drives.
 - d. finding the ultimate truth of human existence and teaching it to others.
21. In a landmark court case, now referred to as the Tarasoff decision, a counselor:
 - a. had consensual sexual relations with a client during the counseling session.
 - b. had a sexual relationship with a former client over a year after treatment had concluded.
 - c. failed to warn a murder victim of potential danger from his client.
 - d. bartered his counseling services in exchange for free legal advice from the client, who was a practicing attorney.
22. Power in the family is directly related to:
 - a. the father's position in the family, and the age of the children.
 - b. the hierarchy, boundaries, and coalitions within the family.
 - c. the value placed on the role of the working mother in the home.
 - d. the executive positions that are naturally generated among members.
23. Which of the following techniques is **not** used in sex therapy?
 - a. relaxation training.
 - b. sensate focus exercises.
 - c. cognitive restructuring.
 - d. 12 steps.
24. Studying the historical foundations of counseling helps the counselors to:
 - a. learn the value of a thorough client history.
 - b. understand how counseling fits into the context of other helping professions.
 - c. understand why counseling is the preferred approach to helping individuals.
 - d. develop a personal style and philosophy of counseling.

25. Constructionist career theorists (Campbell & Ungar, 2004) posit all of the following as client tasks **except**:
- explore dominant story lines and preferred futures.
 - develop a contingency plan of alternative paths to express preferred futures.
 - develop flexible goals that reflect positive uncertainty.
 - choose among possibilities based on other's advice and beliefs.
26. Teaching clients to take an attitude of non-judgmental acceptance towards their painful thoughts and feelings is the primary focus of:
- Mindfulness-based therapies.
 - REBT.
 - Person-centered counseling.
 - Adlerian counseling.
27. SSRI's can affect a person's system by:
- heightening their senses and creating greater awareness.
 - decreasing the transmission of serotonin across the neuronal synapses.
 - influencing sleep/arousal and regulating sleep, moods, and pain.
 - stimulating sexual and aggressive drives.
28. The client smiling while he/she is saying, "I am happy to see you today," is an example of:
- attending.
 - empathy.
 - sympathetic statement.
 - congruence.
29. All of the following are true with regard to addictions counseling **except**:
- many people engage in mood-altering behavior to create feelings of euphoria or well-being, or to block out painful events.
 - clients clearly understand the physical and mental effects of alcohol and most drugs.
 - drug/alcohol use will not decrease unless there is an adequate substitute.
 - drug or alcohol abuse can be assessed from the client's behavior.
30. Transpersonal psychology's founders include all of the following **except**:
- Abraham Maslow.
 - John Krumboltz.
 - Stanislav Grof.
 - Ken Wilbur.
31. All of the following are important when conducting a culturally-sensitive interview **except**:
- deciding the client's frame of reference and prescribing their worldview.
 - monitoring your assumptions based on first impressions and past experiences with others who appeared similar to the client.
 - asking about multiple cultural identities and fleshing out the client's context and background.
 - matching your language and behavior to your client's, and communicating respectfully, sensitively, and appropriately.
32. According to strategic therapists, a child's severely disruptive behaviors may be viewed as:
- a pathogenic problem.
 - stabilizing the family structure.
 - a problem for authorities.
 - the child's cry for help.
33. In counseling there is an emphasis on:
- prevention rather than pathology.
 - working with clients who tend to be neurotic.
 - developing a medically defensible diagnosis.
 - diagnosis, evaluation, and intervention.
34. All of the following are SSRI's **except**:
- Prozac.
 - Wellbutrin.
 - Paxil.
 - Zoloft.
35. The counseling interview is:
- the most reliable source of assessment information.
 - the most researched form of non-standardized assessment.
 - the most commonly used observational technique.
 - the most validated source of assessment information.
36. When confronted with a situation where boundary crossing could occur, resulting in multiple (or dual) relationships with a client, counselors should do all of these **except**:
- ask whose needs are being met, to ensure it is the client's.
 - discuss the situation fully (including client's identifying information) with a trusted friend.
 - examine their motives carefully, remembering to "first, do no harm".
 - discuss the potential risks and benefits with the client and get their consent, before acting on the situation.
37. Which of the following is considered a depressant?
- Cocaine.
 - Alcohol.
 - Heroin.
 - Angel dust.
38. The definition of gestalt theory includes the ability to:
- define human development.
 - describe human existence in terms of awareness.
 - eliminate personal anguish.
 - focus on there and then.
39. Women who try to satisfy sex-role stereotypes by over-conforming may experience a number of mental health challenges, including all of the following **except**:
- distorted body image issues and eating disorders.
 - constricted emotional expression (e.g., not showing anger).
 - feelings of power and control from becoming super-feminine.
 - feelings of depression and low self-worth for not being enough like men (i.e., autonomous, independent).

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40. Ideally, an assessment should include:
- a wide range of information gathered from various avenues to illuminate multiple aspects of the client.
 - an emphasis on the available standardized measures and an avoidance of the use of non-standardized measures.
 - a large amount of valid information around a narrowly defined, yet relevant, aspect of the client.
 - no room to use assessment in counseling.
41. In adopting a feminist approach to counseling theory, it would be important to:
- realize that most theories were influenced and developed by the dominant male culture.
 - emphasize that women are superior to men in their emotional functioning.
 - emphasize how clients' gender within their culture shaped their expectations and decision making.
 - minimize gender roles since they are a distraction.
42. Even though they are multiple/dual relationships, the ACA Code of Ethics (revised in 2005) describes all of the following as "potentially beneficial interactions" **except**:
- adopting a client's unwanted child.
 - attending formal ceremonies, such as weddings or graduations.
 - purchasing needed services from a client.
 - mutual membership in community organizations.
43. The major strength of the DSM-IV-TR diagnostic system is that it captures the essence of the client's:
- personality type, temperament, and etiology of presenting problems.
 - symptomology, personality patterns, and current functioning.
 - family of origin, invalidating environments, and esteem deficits.
 - coping resources, adaptive capacities, and character assets.
44. Quantitative research in counseling:
- assures that most clients will respond to clinical interventions in similar ways.
 - measures the experiences of clients in ways that can be shared with others.
 - prevents counselors from exercising creativity in their counseling sessions.
 - is dictated by managed-care companies to justify reimbursement for sessions.
45. Family counselors tend to favor which model of causality?
- diametric causality model.
 - circular causality model.
 - linear causality model.
 - no causality model is preferred.
46. The restatement of a message's content to clarify or to focus the client's attention is:
- clarification.
 - reflection of feelings.
 - paraphrasing.
 - active listening.
47. Which of the following is **not** a valid reason for using a diagnostic system?
- to communicate more clearly with other mental health specialists.
 - to create labels for people that guide future decisions about them in other situations.
 - to construct a treatment plan and guide interventions.
 - to satisfy record-keeping requirements of insurance companies and accrediting agencies.
48. It is the responsibility of the group leader to intervene in the group process when:
- group members experience discomfort.
 - the group focus becomes rambling and digressive.
 - someone talks about intense feelings.
 - more than five consecutive minutes of silence elapse.
49. Confidentiality is a verbal and sometimes written contract between the client and counselor that includes all of the following **except**:
- the counselor agreeing to keep the communication private.
 - the client agreeing to keep the communication private.
 - the counselor discussing his/her ethical duty to inform authorities in cases of abuse or possible harm to self or others.
 - all of the above.
50. Postmodernism posits that:
- Advances in brain-imaging technology have revolutionized the way we understand human behavior.
 - The counseling profession has moved through its premodern and modern phases, and is now entering its postmodern era.
 - The field of philosophy is gradually becoming a legitimate counseling theory in its own right.
 - It is a mistaken belief that we can understand human beings by searching for objective truths.

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